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Introduction to stretch health canada

Submitted by Stretch Health Canada

Stretch Health Canada was always intended to be a unique but straightforward concept. We specialize in providing 1-on-1 stretch therapy treatments for clients suffering from chronic pain and poor flexibility. Why? Because stretching is infamously overlooked. Our core values are simple...

Firstly...We are absolute perfectionists at what we do, and we pride ourselves in being the upmost authority in anything and everything stretch related. Delivering a world class experience to each and every client is our highest priority.

Secondly...We are teachers. This means we believe that our clients will have way more success if we "teach them how to fish" rather than simply giving them a fish. The former will feed them for a lifetime, and our intent is to empower our clients with the tools to perform the basic maintenance on their body to live a healthy life. We even began providing virtual stretch classes over zoom for clients who need a little extra guidance.

And lastly, we are engaged as lifelong learners. We are constantly investing in ourselves and our continuing education. Mobility and flexibility is an ever evolving medium, and keeping up with modern science and trends is extremely important.

We all know that we SHOULD be stretching...but we avoid it like the plague because its uncomfortable and many of us aren't sure how to do it properly. As a company, Stretch Health Canada's mission is to restore the health and mobility of as many Canadians as we can, simultaneously giving them the tools and support to be successful in their health and longevity.

Visit us at stretchhealth.ca and start stretching your lifespan!

www.stretchhealth.ca

thelineup

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Special thanks to Western Mustangs and London Minor Football Association for their cover photos.

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Submitted by 9Round London

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About 9Round London

9Round London is proud of its commitment to its members' health and wellness, and to the education of its trainers. The diversity of our staff, with backgrounds in personal training, fat loss coaching, professional fighting, physiotherapy, and sports psychology, creates the ultimate blend of experience for members.

Working out at 9Round is always a unique experience. The 9Round circuit is focused on both losing weight and building lean muscle, using a blend of kickboxing techniques with high intensity interval training so that it's a killer workout every time. Members at 9Round have seen progress in their cardiovascular health, general mobility, flexibility and mental acuity!

www.9round.com

9Round London's Champion Trainers are skilled at motivating their clients – and helping them reach their goals!

SportsXpress Network

September/October 2021

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A Club reborn

Submitted by Olympic Karate Academy

The pandemic had far too many victims. One was the Olympic Karate studio.

The combination of decimated attendance and the retirement of its founder, Professor (ninth dan) Mike Donovan, in his 70's, ended the business. The school was started in London in 1972, making it the longest running martial arts studio in the city. It left behind a legacy of excellence. Professor Donovan's greatest pride came from the scholastic accomplishments of his black belt graduates, which was outstanding.

There is no measure to the benefits acquired by the thousands of students who attended his classes through the decades. I personally attended for 10 years and am a huge advocate for the benefits of martial arts training, having gained them myself. My daughter also acquired her black belt.

The Olympic Karate Academy will continue the legacy of its founder, Mike Donovan (who retired during the COVID-19 pandemic), and provide students with martial arts training and life skills.

I was contacted earlier this year by Professor Donovan's son, Master Sensei (fifth dan) Stephen Donovan. Stephen has been training for over 30 years, starting at the age of four. Master Sensei Donovan approached me with the concept of a partnership where he would continue his excellent teaching and I would take care of the day-to-day business operations, freeing him to do what he does best.

It is with great pride that we announce the birth of the Olympic Karate Academy.

Our goal is to combine the very best of modern technology (online classes, support, and registration) with a return to old school traditional systems and training.

This is not a school to attend if you are interested in acquiring a bunch of trophies and ribbons. We could not care less about these trappings.

This is a school that you should attend if you are interested in acquiring physical, spiritual and mental strength for you or your children. This is a school that is dedicated to preparing its students for the potential grim reality of physical confrontation or bullying – with a heavy accent of avoidance of combat. The reason I enrolled my daughter was because I knew she would be safer, smarter and stronger. What parent doesn't want that?

Master Sensei Stephen Donovan will see the Olympic Karate Academy into its rebirth. He's been training students for more than 30 years.

www.olympickarate.on.ca

Fall training on the way

Submitted by London Minor Lacrosse Association

If you love lacrosse, and you've been looking for an exciting and fun way to further your skills this fall, then EDGE Lacrosse could be just what you've been searching for.

EDGE Lacrosse is pleased to announce a five-week fall training program in London this October!

In partnership with London Minor Lacrosse, Edge is offering five fall training sessions starting on October 4 and running on the 11th, 14th, 18th, and 19th of the month. If you register before September 15, you'll also receive a free pinnie! Registration spots are limited, so register early to avoid missing out.

Visit EdgeLacrosse.Ca to register now!

As part of our 'grow the sport of lacrosse' campaign at London Lacrosse, we're also looking into the possibility of more fall lacrosse programs. These may include Try Lacrosse clinics for anyone looking to learn more about the sport, so stay tuned to www.LondonLacrosse.com for more information.

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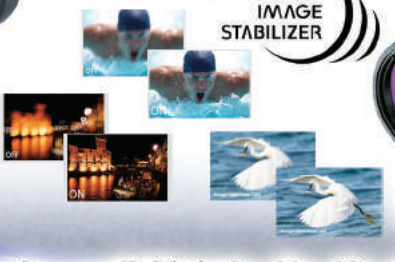

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Back to the field!

Submitted by London Mens Baseball League

Play Ball! It's a phrase that long awaited the ears of many baseball players across the world – including the more than 200 members of the London Mens Baseball League (LMBL).

After 658 days (that sometimes felt longer), the LMBL was back on the field. July 4th is celebrated every year by our neighbours south of the border, but we celebrated with a great day being back on the field playing a game we all love.

It took a lot of work for the LMBL Executive team to craft a schedule that would work for Baseball Ontario and the provincial government to ensure the safety of our players, umpires and, of course, the family members that our players go home to after the game (or after a few pops post-game).

The LMBL, an over-30 baseball league in London, returned to action in July after a long layoff (including the entire 2020 season), and the players couldn't have been more thankful.

To make the schedule work, the LMBL created two temporary expansion teams for a total of 16 teams – so that the LMBL would now have four separate 4-team divisions that would fit the rules outlined by the provincial government.

These new teams were made up of both current players from current teams and also some new players, as the league opened up the draft again to fill out the remaining roster spots.

This allowed some new players to give the LMBL a try.

"I haven't had this much fun playing ball since little league" said Stefan Vince of the Expansion London Area Dodgers.

"It's amazing we get to play at historic Labatt Park. I feel like a professional – until I actually start to play ..." joked Chris Giffen of the expansion Rockies.

After a long layoff, there was, of course, some pulls and strains from muscles that were long forgotten about. But it was well worth it to get back on the field.

Play Ball? Yes please.

www.lmblbaseball.ca

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Youth play on despite Covid curveball

Submitted by Eager Beaver Baseball Association

After a preseason of uncertainty, Eager Beaver Baseball was able to close out a successful – although different – 67th season. A late June start, registration limited by coaches that volunteered upfront, and the first few weeks adhering to strict social distancing rules made for a unique season. But although the format differed from past years, players aged 4 to 13 (and 16 to 18) were able to take to the diamonds and see a little bit of 'normal' return the summer while developing their baseball skills.

The Little Slugger, TBall, Rookie, Mosquito, PeeWee and Midget divisions were able to hold mainly practice seasons, with limited games and scrimmages. Wesley Taylor enjoyed his first baseball experience with the Little Slugger program, and his dad, Patrick Taylor, was very impressed with the enthusiasm and effort put forth by the convenor, Lou DaSilva, and his group of helpers. Brayden Nancekivell was happy to get a year of Mosquito practices and scrimmages under his belt before he moves up to PeeWee next year.

EBBA plans to return next year to a full house league season of 18 games for the Rookie to Junior divisions and a 5-week Little Slugger and 9-week TBall program. Registration should open January 1 with outdoor practices starting the beginning of May. Of course, everything will depend on the Covid protocols at the time. Please check the website for updates and 2022 season registration information.

www.ebba.ca

TBall Team Maroon celebrates the end of the season.

Wesley Taylor enjoying his TimBits medallion at the end of the Little Slugger season.

A pennant-winning return

Contributions by London Majors and photos by Matt Hiscox Photography

It was like no other regular season before it. After losing all of 2020 due to COVID-19 – save for the 'Legacy Classic,' an exhibition contest to keep alive Labatt Park's streak as the oldest continuously operating baseball grounds in the world – the London Majors returned in July 2021 for a compressed regular season, a 30-game schedule that ran for two months into early September.

And they came out on top.

By late August, the Majors had clinched the Intercounty Baseball League pennant, guaranteeing themselves the first-place bye in the playoffs. It was the third time the team had finished first in the regular season since 2008, with 2016 being the last time.

"It always feels good to win a pennant," said manager Roop Chanderdat, who viewed the season in two halves – one before import players arrived (when the Canada-U.S. border opened up) and one after. "We started out really strong, and then we continued to play well in the second half."

And they did it with a combination of hitting and a stellar one-two punch at the top of their starting rotation. Pitchers Owen Boon and Pedro De Los Santos dominated during the regular season. At the time of this writing, they were 1-2 in the league in ERA and strikeouts, and both had earned seven wins – which tied for most among IBL pitchers. After their star starters, it was Majors veteran Braeden Ferrington who stepped up and enjoyed a stellar season out of the bullpen.

Owen Boon

Braeden Ferrington

On offense, Byron Reichstein led the way, batting over .400 for most of the year. Catcher Hayden Jaco was also a revelation – at the plate and behind the dish as the team's starting catcher. But the offense didn't end there. Chris McQueen, Carlos Arteaga, Adam Filmon, Keith Kandel and Austin Wilkie all had batting averages over .300 entering the final weekend of the season. And, of course, long-time veteran Cleveland Brownlee was also a force at the plate, having swatted five home runs with 18 RBIs with two games remaining on the schedule.

With first place wrapped up early, the Majors made sure to get their own import players – including pitchers Luke Kelley and Eduardo Perez – as well as Nick Carrell enough action to qualify for the playoffs. With the first-place bye, the Majors earned a trip straight to the semis (this year, a best-of-three series). At print time, their opponent was not yet known. If successful in the semis, the Majors would play a best-of-five series for the IBL championship – something the club hasn't achieved since 1975.

In other words, they're not satisfied simply by finishing first in the regular season …

"A pennant is great," Chanderdat said, "but our goal is to win a championship."

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A great game for multi-sport athletes

Submitted by London Minor Football Association

As we are happy to get back on the turf this fall, LMFA house league football has been focused on teaching young players teamwork and sportsmanship while keeping active. In a traditional year, the football season is neatly sandwiched between summer sports (lacrosse, baseball, and soccer) and winter sports (hockey, basketball, and volleyball). This way, our players can play and benefit from multiple sports.

Studies have shown that young athletes who specialize in one sport may have an increased risk of social isolation, anxiety, and burnout, which can ultimately lead to them leaving sports altogether. As we are allowed to return to play and socialize again, we encourage all our players to join as many different sports groups as possible.

Young athletes are more likely to stay interested longer if they are always learning new skills. As well, using the same muscles repeatedly for a long time can lead to injury. By playing different sports, players stress different muscles throughout training, which improves overall strength and conditioning. Multi-sport athletes display improved health and wellness, motivation, confidence, and creativity. Not to mention, playing for the sake of the game and having some good, old-fashioned, fun.

LMFA games are played on Sundays on the turf fields at Citywide Park in London and the new 1Password Park in St. Thomas. The season runs from mid-August to the end of October.

Please visit www.lmfafootball.ca or call 519-852-4465 for more information on the 2022 season and offseason camps and flag football programs.

www.lmfafootball.ca

The London Minor Football Association (LMFA) stresses the importance of youngsters playing many different sports throughout the year, which keeps them learning new skills and avoids burnout in one sport.

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University football finally returns

Submitted by the Western Mustangs

It's been 679 days since the Western Mustangs players put on their pads for a football game. So many things have happened in our world between November 9, 2019, the last time the Mustangs played, and the kick-off to the 2021 season. The excitement level is off the charts for the purple and white and there is a whole new look to the team running out of the purple W this fall.

Some keys names have graduated from the Mustangs program, including Chris Merchant, Cole Majoros, Marc Liegghio and Dylan Giffen, among others, which means that opportunities to step up are available. A new group of Mustangs will look to carry on the team's ongoing track record of success, which last saw a regular season loss in Sept. of 2016.

Head Coach Greg Marshall will continue to preach a week-by-week approach for his team, and the players hope that all the training, prep and anticipation leads to yet another long run of Mustangs Football in 2021.

Key Returning Players - Offence

Brett Ellerman will play a key role in the receiver corps for Western this year. Ellerman led the team in 2019 with 39 receptions for 621 total yards and 5 touchdowns. The Calgary, AB native is in his final year of eligibility, and he's looking to finish out his university career on a high note.

Zack Fry, a London native, is coming off a huge season in 2019 in which he was a 1st Team All-Star at Tackle along with fellow Mustang (and now Toronto Argonaut) Dylan Giffen. Fry was named an All-Rookie team member in 2018 and now takes another step forward as a leader on the offensive line.

Elliot Beamer, a 3rd year offensive lineman, spent the extended break from play aiming to improve his fitness, including constructing his own gym at home in BC out of cinder blocks, tractor tires and whatever was available. The Mustangs' centre was a 2019 1st Team All-Star.

Spencer Hood is the senior member of the offensive line for this year's Mustangs. He made a full-time move from the defensive line to the offensive line in 2018. Hood had an exceptional year in 2019 and was named a 1st Team All-Star at Guard.

Key Returning Players - Defence

Deionte Knight has been waiting anxiously for the 2021 season, as he only played in 4 regular season games in 2019 after suffering an injury in week 2, forced to sit out until returning in the playoffs. In 2018, the Ajax, ON native recorded 15 tackles and 1.5 sacks.

Austin Fordham-Miller stepped up in a big way in 2019 with 30 tackles in the regular season along with a sack, which

Deionte Knight

drew the attention of the Hamilton Tiger-Cats who signed him over the summer. He's back with the Mustangs and will be a force on the defensive side of the ball.

Daniel Valente Jr. laid out 20 tackles in 2019 in 5 regular season games. In 2018, the London, ON native had 31 tackles, and he's poised for another breakout season for Western as a leader in his 3rd season as a starter.

Nicholas Theriault returns to the Mustangs after laying out 17 tackles and 2.5 sacks in 2019, a year after he had 10 tackles and 2.5 sacks in 2018. The Quebec native looks to join the leadership group on defence and help get the Mustangs back to championship contention.

www.westernmustangs.ca

Nic Theriault

Zack Fry

Olympians hear the cheers – finally

By SportsXpress Team

COVID-19 protocols didn't allow for fans at this summer's Tokyo Olympics – one that was historic for London, as five individuals from the Forest City captured gold medals at the Games.

With that in mind, Tourism London and the City of London partnered to host 'London's Olympian Celebration' in late August, an event held at Labatt Park to hear from many of our local Olympians and celebrate their accomplishments while learning more about their experience in Tokyo. Hosted by local emcee Mike Stubbs, hundreds of Londoners turned out to see gold medalists Damian Warner, Maggie Mac Neil and Susanne Grainger, as well as rower Jen Martins and basketball player Miranda Ayim.

(Left to right): Damian Warner, Susanne Grainger and Maggie Mac Neil each holding up the gold medal they won at the Tokyo 2020 Olympics.

Fans got to hear from them directly the stories from Tokyo, which included competing without fans at the 'COVID' games, persevering through the intense summer heat, sleeping on the infamous cardboard beds, as well as the impact growing up and training in London has had on their career. It also provided Londoners the chance to get loud and cheer for the athletes, a sound the athletes hadn't had a chance to hear in quite some time.

Warner may have been the biggest draw. He became Olympic champion in the decathlon in Tokyo, thus earning the title of 'world's greatest athlete.' His 9,018 points in the two-day event broke the Olympic record, and his performance earned him the honour of carrying Canada's flag at the Games' Closing Ceremony.

Swimmer Maggie Mac Neil, another star of the Games, was also in attendance at London's celebration. She won Canada's first gold medal in Tokyo – in the 100m butterfly event – and ended up with a medal of each colour, earning

continued on page 15

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silver in the women's 4x100m freestyle relay and a bronze in the 4x100m medley relay. Susanne Grainger was also golden in Tokyo, claiming her medal as part of Canada's women's eight rowing crew, a first for Canada since 1992.

Miranda Ayim, meanwhile, was Canada's flag bearer at the Opening Ceremony. A veteran of Canada's women's basketball team, she was competing at her third and final Games in Tokyo, having recently announced her retirement after competing in Rio in 2016 and in London in 2012. London native Jen Martins, a participant in the women's coxless four, described her experience training for the Games while balancing her career as a dentist in Komoka.

Two athletes who were unable to attend London's Olympian Celebration were Jessie Fleming and Shelina Zadorsky, members of the gold medal-winning women's soccer team in Tokyo. Fleming was a star on the pitch at the Games, scoring two crucial penalty kick goals to help the team become the world's best. Both women are in Europe competing in their fall seasons and will look to be honoured by the City once they finally return home.

In all, it was a historic Games for London athletes, who achieved some impressive results – including more than half of Canada's gold medals overall. With London's Olympian Celebration, local fans and supporters were finally able to give them the applause they deserved.

(Left to right): Mike Stubbs on-stage hearing stories of the Games from Londoners Damian Warner, Maggie Mac Neil, Susanne Grainger, Jen Martins and Miranda Ayim.

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Enthusiasm plentiful despite late start

Submitted by FC LONDON

As the summer came to an end for many, it was just beginning for London TFC Academy and FC London. Hot on the heels of Canada's Olympic success, teams across multiple leagues started late this year – due to COVID-19 delays – but with a high level of enthusiasm to make it their best year ever.

"It's been a long series of delays based on Middlesex-London health protocols and making sure that our players stay safe," said Ian Campbell, CEO of FC London.

For youth players aged 8 to 18, the club competes in five separate leagues with over 26 teams of both boys and girls. Each team practices three to four times per week and plays their home games at the new Tricar Field on Colonel Talbot Road in Southwest London. The newly completed turf field with lights is getting use every day and night and has become a hub of soccer activity.

"The logistics of scheduling has been challenging, but we've made it work," said Club manager Dave Debenedictis. "With our new concession at the clubhouse, and our ability to use indoor rooms for meetings and strategy sessions, we've been able create the kind of professional atmosphere that players are looking for."

Still affiliated strongly with MLS team Toronto FC, the teams will compete into the late fall.

On the senior side, League1 home games are being played this year at a new venue, the Hellenic Centre Stadium on Southdale Rd. Both men's and women's teams will compete from mid-summer though to the end of October. For the men, 16 teams will compete in two divisions, East and West, with the top two from each division making semifinals and finals to determine who will compete in the CONCACAF Canadian championship in 2022.

The women's team, coming off three championship years, are looking to make it a 4th in 2021 and, at print time, had started the season undefeated through their first five games. The top four teams in the women's league will compete for the Ontario championship trophy in late October and early November.

"Pulling together a competitive roster in tandem with university and college coaches has been challenging, but everyone is working together for the betterment of the players to create opportunities," said Michael Marcoccia, head coach of both men's and women's League1 teams.

www.fclondon.ca

League1 players celebrate another goal on the pitch

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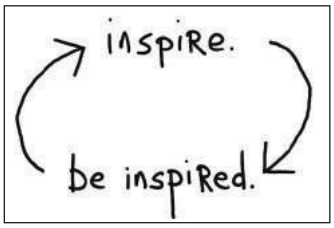
She's Got Goals!

Submitted by NorWest Soccer

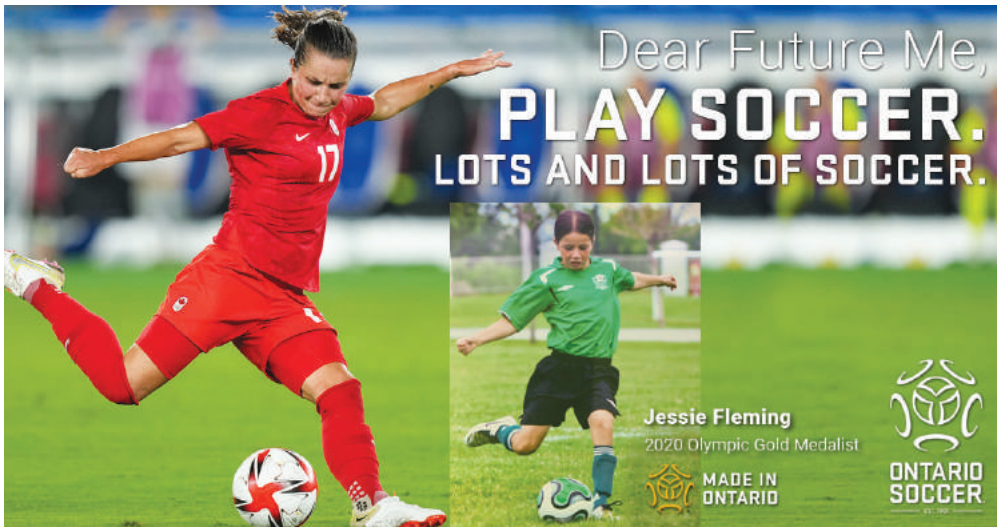


A heartfelt congratulations to our own Jessie Fleming and the rest of the Canadian Women's National Soccer Team on their inspirational victory over the USWNT, and ultimately their Gold Medal at the 2020 Olympics! Dreams come true!

We're celebrating with our She's Got Goals league for girls! It takes place over 16 weeks this fall/winter at the BMO Centre Thursdays or Saturdays (age dependent).

Visit the #ForFemales page on our website to learn about all the options we have for players aged 4 to 18!

www.norwestsoccer.com



NOR WEST LONDON

ONTARIO SOCCER

CANADA

Ankle sprains and shin splints

By Gwen MacLean for Living Balance Clinic

living balance clinic

The arches in our feet are designed like gymnastic springboards and work the same way in our foot propelling us forward in walking and running. When the foot connects with the ground, the arches absorb the energy of each step and distribute the energy up the body through the connective tissue, contributing to forward movement.

There needs to be adequate movement in the joints between the bones in the arches of the feet. 'Stiff arches' can make you prone to ankle sprains, which can derail your sport for a short or long period of time and set you up for more pain and injuries in your whole body as you age.

Our foot rotates with every step, and rotation should start at the tarsal sinus. The tarsal sinus is the indentation in the front of our ankle in line with our fourth toe. There is a joint just below the indentation of the tarsal sinus, and if this joint is lacking mobility, the movement that should happen here will take place closer to your toes. This puts pressure on the ball of the big toe and can contribute to bunions, shin splints, and pain in the knees and lower back.

GWEN MACLEAN RMT, CSI
551 Knights Hill Road, Unit 2
London Ontario
519-601-6602
www.gwenmaclean.ca
@structuralintegrationlondon

Here is a simple exercise to gain more movement in the joints of the arches ...

You will need a chair or stool and a half an apple wrapped in plastic wrap or half a kid's bouncy ball the size of an apple. I use half an apple and keep it in the

continued on page 19

Use #LondonSportsXpress and get FEATURED!

District on top of the world

By John Laverty, EMSA President and photos from canadasoccer.com

To the delight of thousands of our members, soccer came back to life in 2021 after more than a year-long hiatus due to COVID-19.

The local district saw a return of more than 80% of pre-pandemic registrations for the 2021 outdoor season. The new normal saw our clubs and players experiencing COVID-19 restrictions and a shortened outdoor season. But this did not dampen the enthusiasm of our members, who were excited about the return to playing soccer. The combined efforts of our leagues, clubs, coaches, players, parents and match officials were the reason we were able to achieve such a successful return to the beautiful game. It is amazing what can be accomplished when many groups and people work together towards a common goal – in this case, the love of soccer and a desire to getting back on the field.

Jessie Fleming

Shelina Zadorsky

"Congratulations to Jessie Fleming and Shelina Zadorsky for playing a key role in Canada winning gold at the Tokyo Olympics!"

A significant moment for our District this summer was Canada's Women's National Team winning the gold medal at the Tokyo Olympics with two locally developed players playing key roles in Canada's march to the top of the soccer world. Congratulations to Jessie Fleming and Shelina Zadorsky. Our District is proud of your accomplishments, and we look forward to having you lead our National Team's efforts in the years to come.

As the 2021 outdoor season winds down and our indoor season approaches, EMSA is excited about what the future holds for soccer in our area. We look forward to the 2026 World Cup, where several of the games will be held in Canada. We are hopeful that some of our local players will play a key role in shaping Canada's success at the tournament.

www.emsadistrict.com

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fridge in the plastic wrap (it lasts for a week or so).

Stand evenly on your feet before you start and feel how your feet touch the floor. One may have more contact with the arch than the other, or one foot may have more contact on the inside or outside edge. Note the differences. Now walk and see how your feet feel and how your whole body feels. You may feel stiff overall if your arches are stiff.

A simple exercise to gain more movement in the joints of the arches (read the article for the description!)

Sit in a chair so your hips are higher than your knees. Bend over from the hips (not the waist) with a straight back and lean your elbow on the knee of the foot you are working.

To work the joint under the tarsal sinus, place the apple or half ball under your right foot at the point where the heel and arch meet (below the tarsal sinus or indentation). Your toes will lightly touch the floor. Moving very slow and so little that someone may think you are doing nothing, rock your foot side to side over the apple. Your knee, ankle and leg should not move. Do this for 20 seconds. Move the apple to under your arch so your heel is gently touching the floor and toes are relaxed, and rock side to side again for 20 seconds. These joints are so small that you have to keep the movement very small.

Now, stand before you work the other foot. What do you feel now? Do you feel more contact with the heel? Walk and see if your foot feels more fluid. Doing this several times a week can reduce chance of injury and make walking and running less laborious.

www.livingbalanceclinic.ca

BUDWEISER GARDENS.

WE'RE BACK.

NOVEMBER

S	M	T	W	T	F	S
	1	2	3	4	5 OS 7:30PM	6 FLNT 7:00PM
7	8	9 GUE 7:00PM	10	11	12 SOO 7:30PM	13 ER 7:00PM
14	15	16 SAR 7:05PM	17	18	19 SAR 7:30PM	20 KIT 4:00PM
21 KIT 2:00PM	22	23	24 WSR 7:00PM	25	26 GUE 7:30PM	27 OS 7:30PM
28	29	30				

DECEMBER

S	M	T	W	T	F	S
			1	2	3 ER 7:30PM	4 SAR 4:00PM
5	6	7 KIT 7:00PM	8	9	10 WSR 7:30PM	11 GUE 4:00PM
12	13	14	15	16	17 OS 7:30PM	18 GUE 2:00PM
19	20	21	22	23	24	25
26	27	28	29 SAR 7:05PM	30	31 SAR 4:00PM	TT

HOME AWAY

#GOKNIGHTSGO

Casey takes the reins

Submitted by Komoka Kings

Adam Casey is the new head coach of the Komoka Kings.

Kings President and GM Roop Chanderdat made the announcement in early September that the 25-year coaching veteran would take the reins effective immediately. Casey served as the Kings' assistant coach last season and Chanderdat says that he is already familiar with both the new and returning players within the organization.

New Kings head coach Adam Casey has previously coached with the London Nationals and St. Mary's Lincolns.

Casey is also well-known within the league, having previously served as the head coach and assistant general manager of the London Nationals as well as an assistant coach with the St. Mary's Lincolns.

"Adam brings a wealth of knowledge to the position having served in different capacities," Chanderdat said. "We are excited to have a coach of his calibre and experience to guide our team to the next level in our league."

Casey, who is a building technology professor at Fanshawe College, lives in London with his wife, Branka, and three kids, Emily, Caitlin, and Daniel. He says his family is also excited to support him in his new role with the Kings.

"This opportunity as head coach of the Kings is extremely exciting," Casey said. "We have a great mix of veteran players and young talented additions. The atmosphere and character in this dressing room has been great."

Casey will be re-joined by assistant coach Mike Reati, as well as goalie coach Dave McDonald (the team expected to name an additional assistant before season started).

www.komokakings.com

ADULT WINTER
SOCCER LEAGUES
12 OCT
ADULT CO-ED LEAGUE
TUESDAY NIGHTS | 6:00 PM
13 OCT
WOMENS DIV 3 & MENS DIV 2
WEDNESDAY NIGHTS | 6:00 PM
14 OCT
WOMENS DIV 1, REC 101, MASTERS & MENS DIV 1
THURSDAY NIGHTS | 6:00 PM
16 OCT
WOMENS WKD REC 101
SATURDAY NIGHTS | 5:00 PM
17 OCT
WOMENS PREMIER, WKD MASTERS & MENS PREMIER
SUNDAY NIGHTS | 5:00 PM
18 OCT
WOMENS DIV 2, DIV 4 & MENS DIV 3, DIV 4
MONDAY NIGHTS | 6:00 PM

Hockey club expanding

Submitted by Red Circle Hockey

Red Circle is looking to the future and wants to be a hockey club that can offer hockey for all levels. As a result, Red Circle has increased its programing to now include a competitive option. This is a new venture that has not been offered in the past. The London Raiders will be playing a 40-game season in the Ontario Rep Hockey League (ORHL).

The ORHL, established in 2011, is the number one largest independent hockey league in Ontario, with over 40 teams from Novice (U9) to Midget (U18). It's a family-friendly and school-friendly league that simply provides another option to play hockey, prioritizing a safe, well-balanced, fair play atmosphere.

The league takes great pride in developing young players into respectful athletes and people – on and off the ice. Core values are taught ... respect your coaches, your teammates, your opponents, your game officials, your parents, and the game of hockey that we all love to play.

The ORHL is a partner of the AAU (Amateur Athletic Union), which is one of the largest sanctioning sport insurance organizations in the world. The AAU provides the ORHL with the opportunity to participate internationally by playing games and tournaments against many other programs sanctioned by the AAU – specifically in the U.S. and in Europe.

Being a proud partner of the AAU also allows teams from the U.S. and Europe to participate in ORHL events as well. Since inception, there have been various teams from the U.S. participate in ORHL events – and more recently teams from Europe attending.

www.redcirclehockeyclub.com
www.londonraiders.ca

London Red Circle Raiders: Back row (left to right): Stan Marsh, Thomas Clavet, Kaden Pinto, Logan Cripps, Noah Clavet. Front row: Alyssa Coombs, Dominic George, Travis James, Aaron Tang, Davis Roadhouse, Josh Allen

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